



Upcoming Events

Minority Coalition Meeting

February 10, 2005
& March 10, 2005
6-8 p.m. @
Edgewood Senior Center

Cancer Community Coalition Meeting

April 7, 2005
9:30-11:30 a.m. @
120 S. Hays Street
Bel Air

All are welcome!!

Call the
Harford County
Health Department
for more
information at:

443-643-0350

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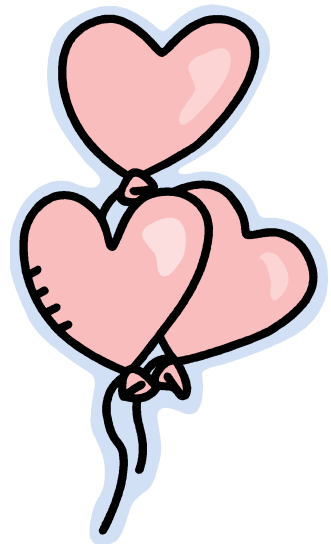
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Cancer Coalition Newsletter

Welcome to the latest issue of the Cancer Coalition Newsletter. Inside you will find valuable information on cervical cancer and oral cancer. Each year over 10,000 women are diagnosed with cervical cancer and approximately 30,000 United States residents are diagnosed with oral cancer. Both of these cancers may be curable, if detected at an early stage.

Also being highlighted are educational websites, upcoming local cancer support services and information on Harford County Health Department's Cancer Screening programs.

We hope you find this newsletter informative. Please look for our spring issue, featuring Colorectal Cancer, which will be published in March 2005.



*** REMINDER ***

On March 1, 2005 at 8 p.m., the Harford County Council will present the Harford County Health Department a proclamation declaring March as Colorectal Cancer Awareness Month.

If your organization, school or church is interested in having a guest speaker or an educational display, please contact the Harford County Health Department's Colorectal Cancer Screening Program at

443-643-0350

COALITION MEMBERSHIP

Join the Harford County Cancer Coalition by contacting
Beth or Linda at 443-643-0350

A membership form can be mailed, faxed, or e-mailed to you!



American Cancer
Society
www.cancer.org

*Only 50% of all people
diagnosed with oral
cancer will survive
5 years; early detection
and prevention is the
key to survival*



AVOID
Cigarettes
Cigars
Pipes
Chewing Tobacco

ORAL CAVITY CANCER

Oral cancer can occur on the lips, gums, pharynx, tongue, roof or floor of mouth, tonsils and salivary glands. Oral cancer can also spread to the lymph nodes in the neck, then throughout the body. According to the Maryland Department of Health and Mental Hygiene, adults between 18 and 39 years old should have an oral exam every 3 years. While adults over 40 years old should be screened annually.

Risk Factors that may increase the chance of developing oral cancer

1. **Tobacco** – 90% of people diagnosed with oral cancer use/used tobacco products. Smokers are six times more likely than non-smokers to develop oral cancer.
2. **Gender** – Males are twice as likely to develop oral cancer than females.
3. **Sun Exposure** – UV radiation from the sun can cause an increase risk of oral lip cancer.
4. **Viral Etiology** – Exposure to viruses such as HPV, Herpes Simplex 1, and Epstein Barr can increase a persons chance of developing oral cancer.
5. **Vitamin Deficiency** – Vitamin A deficiency is associated with an increased risk of developing oral cancer.
6. **Alcohol** – Approximately 80% of all people diagnosed with oral cancer frequently consume alcohol. This cancer is about six times more common in drinkers then non-drinkers.

Signs and Symptoms:

The following are common symptoms of **oral cancer**, be sure to always check with your doctor or dentist if you have concerns about your oral health.

- A sore in the mouth that does not heal (most common symptom)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue or lining of the mouth
- Difficulty chewing or swallowing
- Difficulty moving the jaw or tongue

Cervical Cancer

What is cancer of the cervix? The cervix is the lower, narrow end of the uterus that forms a canal between the uterus (womb) and vagina (birth canal). Cervical cancer often begins in the lining of the cervix.

Cervical cancer usually does not form suddenly. There is normally a progression from healthy cervical cells to precancerous cells to cancerous cells. Early detection of the cellular changes is one of the keys to preventing this disease. Changes in the cervix can usually be found through a Pap test. This test involves scraping cells from the surface of the cervix; then placing them under a microscope. The test is also helpful in diagnosing cancer at its earliest most curable stage.

Not all women diagnosed with precancerous cells develop cervical cancer

Screening Guidelines

The American Cancer Society Guidelines for Screening

- All women should begin yearly cervical cancer screening about 3 years after they begin having vaginal intercourse, but no later than 21 years old.
- Beginning at age 30, women who have had 3 normal Pap test results in a row may get screened every 2 to 3 years.*

*** Remember these are guidelines; always check with your healthcare provider as to how often you should be screened. ***

Are You At Risk?

- **HPV:** The most important risk factor of cervical cancer is an infection of the Human Papillomavirus (HPV). HPV's are a group of more than 100 types of viruses that can cause warts. Some types of HPV's cause warts on different parts of the body; (i.e.: hands and feet). There are also other types of HPV that may cause warts to appear on the male and female genital organs and along the anal area. Certain types of these HPV's, over time, may lead to cervical cancer in females.
- **Smoking:** Smoking exposes the body to many cancer causing chemicals that affect more than the lungs. Smoking along with exposure to HPV, can more than double a woman's risk of developing cervical cancer.

*** Having a risk factor does not always mean a person will get the disease. ***

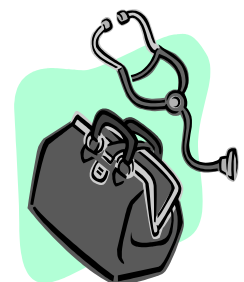
National Coalition on Cervical Cancer – www.nccc-online.org



Signs & Symptoms

Early cervical cancer usually shows no signs or symptoms. Symptoms may not appear until the cancer has become invasive.

Do not wait for a problem to appear, have a regular Pap test and pelvic exam, and always contact your physician with any questions or concerns.



HARFORD COUNTY CANCER & TOBACCO COMMUNITY COALITION



Office of Cancer Prevention Services
120 S. Hays Street, Suite 230
Bel Air, MD 21014
443-643-0350

Healthy Recipe Site

National Institute
of Health

<http://5aday.gov>

Support Groups



Man-to-Man Prostate Cancer Support Group.

The American Cancer Society holds a Prostate Cancer Support Group the first Wednesday of each month from 7 to 9 p.m. at Upper Chesapeake Medical Center. Contact Health-Link at 1-800-515-0044.



A Circle of Friends: A support group for people with cancer, family and friends. Meetings are held every other Monday from 7 to 8:30 p.m. at John Archer School. Contact Donna Tenly, R.N. from Bel Air Oncology at 410-569-6600.



SAVE THESE DATES!

Harford County Relay for Life Events

May 20-21, 2005

Edgewood High School

June 18-19, 2005

Fallston High School

Sponsored by The American Cancer Society



Cancer Coalition Newsletter Staff

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No Cost Mammogram & Gyn Screenings

The Harford County Health Department's Breast & Cervical Cancer Screening Program provides no cost mammograms and gyn screenings to women ages 40 to 64, who are Harford County residents and meet program guidelines.

To see if you qualify for these services, call the Office of Cancer Prevention Services at:

443-643-0350

The Harford County Cancer & Tobacco Community Coalition (HCCTCC) was formed to serve as a planning and advisory board for the Cigarette Restitution Fund (CRF) program in Harford County.

The Cancer Coalition Section is also responsible for treatment development, promoting, advocating, and creating awareness of the cancers targeted by the Department of Health and Mental Hygiene.